



The Bharat Scouts and Guides

Creating Better India

National Headquarters

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To

All the State Secretaries,
State Associations of
The Bharat Scouts and Guides,
INDIAN UNION



Circular No.: 185 / 2024

Date: 25th September 2024



SUB: NATIONAL CANCER AWARENESS DAY -2024

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!

National Cancer Awareness Day is observed on 7th November to create awareness about early detection and avoid leading cancer-causing lifestyles. The date, November 7, was chosen to honour Marie Curie's birthday, recognizing her pioneering work in the use of radiotherapy for cancer treatment.

Prevention of Cancer

Although many forms of cancer are not preventable, some people will still be diagnosed with cancer even if they lead a healthy lifestyle.

Cancer risk can be lowered in a number of ways, including:-

- Consuming a nutritious diet high in fruits and vegetables and low in processed foods and red meat
- Regular exercise and maintenance of a healthy weight
- Abstaining from the use of tobacco products
- Minimum alcohol consumption
- Taking precautions against ultraviolet rays include using sunscreen and wearing protective clothing
- Participating in the recommended cancer screenings on a regular basis
- Avoiding exposure to harmful chemicals in the environment
- Vaccination against virus human papillomavirus (HPV) that can cause cancer.

As members of The Bharat Scouts and Guides, we have a duty to contribute to the well-being of our community. Therefore, we kindly request all state associations to organize awareness programs, health camps, and other initiatives aimed at educating the public about cancer. Your valuable participation will help further our mission of creating a healthier, informed society.

Please ensure that these programs reach as many people as possible, especially in areas where information on cancer prevention and treatment might be limited. Let us collectively work towards spreading awareness and potentially saving lives.

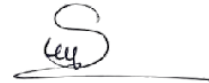
Some suggested activities are given hereunder:-

1. Cancer Awareness Seminar - Expert talks on cancer prevention, early detection, and treatment strategies.
2. Health Check-up Camp - Free or discounted screening services for early detection of common cancers.
3. Awareness Campaign - Distributing pamphlets and posters that outline healthy lifestyle choices and cancer symptoms to watch for.
4. Employee/Student Pledge - Encourage everyone to take a pledge to adopt healthy habits, including quitting tobacco, limiting alcohol, and maintaining a balanced diet.
5. Social Media Campaign - Engage in social media activities by sharing informative content using the hashtag #National Cancer Awareness Day2024 to spread the word. Cancer Awareness Seminar - Expert talks on cancer prevention, early detection, and treatment strategies.
6. Health Check-up Camp - Free or discounted screening services for early detection of common cancers.
7. Awareness Campaign - Distributing pamphlets and posters that outline healthy lifestyle choices and cancer symptoms to watch for.
8. Employee/Student Pledge - Encourage everyone to take a pledge to adopt healthy habits, including quitting tobacco, limiting alcohol, and maintaining a balanced diet.
9. Social Media Campaign - Engage in social media activities by sharing informative content using the hashtag #National Cancer AwarenessDay2024 to spread the word.

Brief report with action photographs may kindly be forwarded to pro@bsgindia.org and girlprogramme@bsgindia.org with a copy to info@bsgindia.org by 15th November 2024, so that the report can be published in BSG NHQ monthly magazine and BSG social media sites for the greater visibility of the movement.

Thanking you,

Yours in Guiding,



SUREKHA SHRIVASTAVA

DY. DIRECTOR

(ADVENTURE PROGRAMME)

Copy to: -

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Navadaya Vidyalaya Samiti, Institutional Area, B-15, Sector -62, Noida, Uttar Pradesh – 201309.
5. The Director, DAV
6. All the District Secretaries, District Association of Dammam, Riyadh, Muscat and Jamiat Youth Club.
7. All Assistant Director, Bharat Scouts and Guides for follow up.